

# The Fort Erie Times

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Thursday, August 25, 2016

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TONY BISCITO/POSTMEDIA NETWORK  
The annual Soldiers' Field Day competition took place at Old Fort Erie on the weekend. Staff members were divided into teams and took part in various military drill competitions throughout the day. For the full story see page 5.



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# Business trade show hits Fort Erie

**RAY SPITERI**  
Postmedia Network

Niagara businesses will showcase their products and services to the public during a trade show next month.

More than 50 exhibitors are expected to be at the Fort Erie Leisureplex banquet hall Sept. 15 for the Greater Fort Erie Chamber of Commerce's annual free event.

"There are so many hidden gems here," said Kate Marcil, operations manager at the chamber.

"Every year we have people come through the trade show and they're amazed at the number of local businesses that sell products and services they've never heard of."

The trade show attracts up to

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500 visitors every year. They get to meet business people and vendors promoting everything from health and beauty, pet care, travel, restaurants, home decor, candy, gift ware, home and office, technology, antiques, organizations, jewellery, business promotion, employment, and financial services.

"It's quite an eclectic collection of merchants, and it's a great way to get your name out there," said Marcil.

"The trade show is not like our chamber networking events; it's a community event, which means your business gets even more exposure."

The trade show will run from 2 to 7 p.m. and will feature vendor tables and displays, demonstrations, free samples, door prizes and giveaways. Parking will also be free.

"For our members, it gives them a very cost-effective opportunity to showcase their products and services to the public," said Marcil.

"And for the public, they get an opportunity for kind of a one-stop shopping type of a thing. It's a fun event, and it's an accessible venue to visit and to see a lot of what Greater Fort Erie and Niagara region businesses have to offer."

She said the chamber is still in the process of booking exhibitors.

"It's looking good. It always sells out. There's always a waiting list for exhibitors."

For more information, call the chamber at 905-871-3803.

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# Soldiers take to the field at Old Fort Erie

TONY RICCIUTO  
Postmedia Network

The colour of a soldier's uniform determined the odds of being shot in battle during the War of 1812.

While wearing a bright red uniform made a British soldier an easy target for the enemy, it was certainly better than wearing camouflage, said Justin Letourneau, supervisor of visitor activities at Old Fort Erie.

"When you are wearing a bright, elaborate uniform and step through the smoke, everyone knows what team you are on so only half the battlefield will shoot at you," he said. "If you are wearing some type of camouflage or no type of camouflage what team you are on and everyone on the battlefield will shoot at you."

On Saturday, visitors to the fort had an opportunity to watch soldiers and

settlers of the day take part in the annual Soldiers' Field Day competition.

Three teams: Canadian, British and U.S. teams took part in various military drill competitions throughout the day.

The event is a friendly competition amongst the staff. Throughout the summer, Niagara Parks Historical Interpreters are required to learn War of 1812 military drill and cooking techniques as well as have an in-depth knowledge of the war.

Letourneau said at the Battle of Lundy's Lane, the Glengary Light Infantry, wearing green uniforms, were shot at by two separate British regiments because as the soldiers stepped through the smoke, the red uniforms were seen so they were shot.

"At that same battle, soldiers that were wearing grey uniforms, because of the darkness and the smoke, they marched between the lines and were

shot at by their own team for a few minutes," he said. "It can be very confusing. Friendly fire is always a possibility."

A musket, known as the Brown Bess, was used during the war and soldiers encountered a number of problems.

"They don't work all the time because you have a piece of stone hitting a piece of steel," said Letourneau. "In a perfect condition, it has a one-in-five misfire rate, and it's not very accurate. If you were a good shot, and your target

wasn't running all over the place, you might be able to hit a target 40 yards away. At 200 yards away you might miss the target by about one foot in any direction."

If 100 soldiers were in line firing, and only about 80 weapons worked, there would be less of a concern in case of a misfire.

Sam Stark, who lives at Ridgeway, was dressed as a militia officer Saturday.

"Two hundred years ago, you would have prominent citizens come out as citizen soldiers."

said Stark. "They might be doctors, lawyers and maybe even mayors who would come out on the field and be in charge."

Stark has taken part in events at the fort for 22 years and attended numerous functions in the Niagara area and across the province.

"It's a lot of fun because you can take what you have learned, share it with others who have the same interest, and it ends up being a real fun day. The people who are here really enjoy it," he said.

"Some of the kids come up with terrific questions because they have done the research for themselves and it's nice to see them take such an interest," they keep us on our toes."

Letourneau noted many events take place at the fort throughout the year including a Murder Mystery on Sept. 10, an All Hallows Eve 'Tour on Oct. 22, 28 and 29, and an 80's Night on Nov. 4, that features music, games, karaoke and prizes throughout the evening.

tricciuto@postmedia.com

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# Comment

## Top picks for last-minute reading before it's time to go back to school

It has become a tradition for the Fort Erie Public Library to note the end of summer holidays and the beginning of school with reading recommendations to help ease the uncertainty of new classrooms, new buildings, new teachers and classmates.

We got to meet one of our favourite authors, Alexis O'Neill, when we recommended her books *The Recess Queen* and *The Worst Best Friend* to help middle years children navigate issues in making and keeping friends.

These two books, like all those mentioned in this column, are available in the library collection. *The Wonder* by Faye Hanson is a gorgeously illustrated book that affirms the rightness and power of a child's imagination.

Off to School by Sam Garton lets the youngest students know about what happens during a school day, while set in the comfortable familiarity of Otto's home.

Leslie Staub's *Time for (Earth) School*, Dewey Dew shows how even the ultimate outsider can make a friend and feel welcomed in a strange school setting. One of the most interesting new picture books for starting school comes from a fresh perspective - how do you think the school building feels on its first day of, well, school? Read Adam Rex's *School's First Day of School* to find out.

The TD Summer Reading Program has ended, and thanks are due to all of the sponsors, volunteers and parents who made it possible for children to keep up their reading skills while having fun and earning prizes throughout the summer.

Don't forget the last big event of the summer, the outdoor screening of the new *Jungle Book* movie as a Show In the Sugarbowl Park on Saturday. Safari Niagara's ZooUniversity will bring live animals to the library parking lot or community room at 7 p.m., with the movie starting at dusk, around 8:15.



**AMY ROEBUCK**  
Fort Erie Library

Pick up a September newsletter to learn about the Roald Dahl birthday celebration, the storytimes, and a Pokemon party all planned for the coming month, starting off an autumn season that will continue to get busier and more exciting as the weeks go by. If paper newsletters get lost at your home, ask about subscribing to our newsletter in online format, @FEPPL.

Have you read the novel *Room* by Emma Donoghue, or seen the film?

What would you want to ask the author/screenwriter, if you could? Mark your calendar, tell your friends and put it in your phones, on Wednesday, Sept. 28 at 1 p.m., Donoghue will spend an afternoon at the Fort Erie Public Library, Centennial branch. Her visit will include a reading from her latest book *Wonder*, followed by questions and answers, then book sales and signing. This event is sponsored in part by the Canada Council for the Arts.

Donoghue has written much more than *Room*, including *Frog Music*, *Astry*, *The Sealed Letter*, *Slammerkin*, and *Touchy Subjects*, all available in the library collection. The more of her books you read, the more you will appreciate this author's talent, depth and versatility.

Please note that the Fort Erie Public Library will be closed on Monday, Sept. 5 for the Labour Day holiday.

*Amy Roebuck is the community services coordinator at the library.*

## POSTMEDIA

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## The Fort Erie Times

Peter Conradi regional editor  
Sarah Ferguson editor

### Do you remember?



Our thanks to June Taylor and her son Lawrence for phoning in about last week's Do You Remember photo. June, pictured in the photo, and her husband Dary owned a shop in the Fort Erie County Fair Mall called the "Clock Shop". It specialized in antique clocks which were produced by John Taylors. Although they had been in the clock making business since 1971, their shop had just opened in April 1981 when this photo was taken. The Clock Shop continued in the same location for several more years. Our thanks as well to an anonymous caller who let us know that the little boy eating ice cream in the previous week's photo was Brian Campbell. This week's photo shows two children proudly displaying their "Awards of Excellence". If you recognize either one or can tell us any more about this photo, please call the Fort Erie Historical Museum at 905-894-5322 or e-mail us at [museum@forterie.ca](mailto:museum@forterie.ca).

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### LETTERS POLICY

To be considered for publication, all letters must include the writer's full name, address and telephone number for verification purposes. Only your name and the city/town where you live will be published. Please keep your comments to a maximum of 500 words. Submit your letters via e-mail to: [sarah.ferguson@sunmedia.ca](mailto:sarah.ferguson@sunmedia.ca)



TONY RICCUTO / POSTMEDIA NETWORK

As one fan put it, Canada was closed Saturday night because Canadians were busy watching The Tragically Hip concert. A large crowd was in attendance to watch it on the big screen at Queen Victoria Park in Niagara Falls.

# Canada shuts down to watch the Hip

TONY RICCUTO  
Postmedia Network

Thousands of fans poured into Queen Victoria Park in Niagara Falls on Saturday to watch The Tragically Hip on the big screen in their final concert of what could be their final tour.

Even though fans began to arrive early, nearby parking lots were filled to capacity hours before the concert began at 8:30 p.m., and even those who were fortunate enough to find a parking spot had to walk considerable distances.

Some fans decided to watch the concert on a big screen at the Scotiabank Convention Centre on Stanley Avenue.

Amanda Zenga, who walked a considerable distance from Epworth Cir-

cle, attended because she wanted to celebrate with others in the community.

"They are the great Canadian band and I have seen them 14 times, mostly on Canada Day. This is a real emotional night, especially because of the way they are going out," said Zenga. "Not only is this their final concert, but it's a tragic outcome for Gord Downie."

Ray Waters of Niagara Falls, who attended with his two children, Luke, 9, and Ruby, 7, said he has been listening to The Hip since the late 1980s.

"I wanted my kids to come out and watch this last concert, they might not appreciate it right now, but I'm sure they will remember this years down the road," said Waters. "There will never be a band like this again, they are so distinctly Canadian and most of us connect with them at some level."

Andrew Stenbaugh and Kate Munnoch, who are from Timmins, were in the

area to watch the Bruce Cockburn concert in Niagara-on-the-Lake on Friday so they decided to stay another night to watch The Hip in Niagara Falls.

"They are a fantastic band, really energetic and they really get the crowd going," said Stenbaugh, who has seen them in concert four times. "People are watching them in parks or from their homes across Canada tonight, and we wanted to be a part of it."

James Rutledge, who lives in Welland decided to make the trip into Niagara Falls simply because of the ambiance of being across the street from the Horse shoe Falls.

"I'm a big Hip fan, I saw them back in 1997. They are great musicians and great Canadian icons. This is a sad

time for Gord and in watching this a big piece of all our hearts will be going out of him," said Rutledge. "I'm impressed with what they are doing and how they are going out. I salute them all the way."

Holly Clements, who is originally from Kingston but now lives in Niagara Falls, attended with her two sisters-in-law Jessica Clements and Arlina Bellmore.

"They are just good people from Kingston and everybody in town supports them," said Clements, who has met some of the band members and describes them as genuine, down-to-earth individuals.

"Their music is great. It's about our country and it really makes you feel at home when you are listening to it," she said.

Bellmore said attending the concert was "a real cul-

tural experience" so it was worth the inconvenience of having to deal with traffic congestion, large crowds, and paying \$9 for a beer.

The trio caught a ride with their mother-in-law who dropped them off near the Fallsview Casino and they walked the short distance to the park.

Jessica Clements said this concert is "a mark in his-

tory and it's something that some day we will be able to talk about it with our children. It's crazy to think that people across Canada are watching this concert. Canada is closed for the night. If you are trying to get hold of a Canadian tonight you won't be able to because Canada is closed and they are busy watching the Hip."

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SARAH FERGUSON/FORT ERIE TIMES

The doors to May Wah Restaurant and Tavern are set to close in Fort Erie at the end of the month. The Cheu family made the decision to close the business after Eddie Cheu passed away. Daughter Judy Cheu, and Eddie's wife, Carol, hold a picture of Eddie.

## Restaurant set to close after decades of service

SARAH FERGUSON  
Fort Erie Times

After providing 40 years of service to the community, the Cheu family has decided it's time to close the doors to May Wah Tavern and Restaurant.

The locally owned and operated business will serve customers for the last time on Aug. 31.

The end will be a "bitter sweet moment," for Judy Cheu and her family.

The decision to close the business was made after the death of Judy Cheu's father, Eddie Cheu, last month, who ran the business with his wife, Carol.

May Wah Tavern and Restaurant has a long history serving meals to the community.

"My grandfather (Pat Cheu) originally started the

business with his business partner Louis Louis," Judy Cheu said.

"My grandfather had started another restaurant right beside May Wah before the building was here. That building was torn down when my dad finally took over the business four years later. He changed the name to May Wah and built what's here now."

The term "May Wah" means "beautiful" in Chinese.

Cheu said her dad immigrated to Canada from China.

When he arrived, Cheu "wasn't experienced enough" to run his own business so he worked for a number of restaurants in Fort Erie and Niagara Falls to learn the trade.

The repeat customers that visit May Wah Tavern is a

clear indication of the family's dedication to quality meals and customer service, Judy Cheu said.

"My dad was proud of the restaurant. He was always friendly and he loved dealing with customers. He believed in good customer service," Judy Cheu said.

"A lot of our customers have become our friends and they are extended family. A lot of them know we are closing so they have come in for one last meal."

Judy Cheu recalled working many hours in the restaurant as a youth with her four siblings, Kevin, Steven, Karen, and Wayne.

"We all had to put in our part working at the restaurant," she said.

"My brother Stephen and myself are still heavily involved in the restaurant

today and my family helps out on busier days like Mother's Day."

Eddie Cheu always wanted to make meals a special experience for families.

For years, Cheu said her father would "always give a chocolate bar to each kid" that came in with their parents.

"We've had customers who came as children come back with their own children, and my dad would do the same for them. That's one thing my dad always did."

Cheu said she and her family will miss all of their customers and would like to thank the community for its continued support over the course of years.

"It's going to be a big change. What I will miss the most are the customers; the regulars that come in every day."

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# Plums or prunes?

## They are the same thing

Up, a prune is a dried European blue plum. Who knew?

It just so happens, plums are one of the best fruits, fresh or dried, to add to your diet. Even Star Trek's character, Worf, had an addiction to prune juice and he was ½ Klingon.

When I was 16 years old, my friend Lisa and I picked the Italian blue plums off of the tree in our backyard, dumped them into two new green garbage cans, stomped them with our bare feet and proceeded to make wine that ended up with such a high alcohol content it would take your breath away while removing paint from the walls.

Ah, the good old DIY days. My grandmother loved plum pie, so I made German/American European-style. I made a German/Polish plum cake called a Kuchen for the first time I had my grand parents over for dinner in my first apartment. I still have that cookbook and I use it!

There are 2,000 plum varieties



At the Market

in the world with about 100 cultivated in North America. They come in an array of colours of skin and flesh from black to green and all shades of red in between. Plums are believed to have been discovered near the Caspian Sea about 2000 years ago.

Plums are one of the best foods to eat after a meal to help with type 2 diabetes by slowing down the absorption of glucose. They're also excellent for high iron absorption due to the high vitamin C content. Perfect for vegans and vegetarians to have in their diets. It sounds like this is the only fruit we need in our diets at all.

Stop at the Bridgeburg Rustic



Plums are in season at the Bridgeburg Rustic Farmers Market.

Farmers Market this week and see Harish at Viniki Farms and check out what plum varieties he has to offer and eat one right on the spot. Else's will have fresh red plum jam to test as well.

The Bridgeburg Rustic Farmers Market runs Tuesdays from 11 a.m. to 4 p.m.

Christal Haverstock is the Bridgeburg Rustic Farmers Market Coordinator.

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## Health Corner

### Straighter Teeth for Adults

What I have noticed over the years, there more and more adults over 30, 40 or even 50 are seeking ways to correct their crooked teeth. However I often encounter a number of patients who with their teeth were straighter but never asked their dentists about how to correct them because "well, braces are only for kids."

It is true that our children come first in terms of correcting their crooked teeth. They are growing and their are precious to us so we would do everything we can for them. Yes, majority of orthodontic patients are teenagers. However due to recent development in orthodontic technique, many adults are now starting to look at orthodontic options for their smiles. So what options are out there?

#### Invisalign

This is probably the most well-known way to correct crowding thanks to the company's marketing strategy. It is a very efficient technique and a very popular one. Patients

simply wear series of computer generated clear "invisibl" trays to successively correct the crowding. However it is not for everyone and very good option if you cannot wear braces and you have mild crowding or spacing.



Dr. John Inigo

#### 6 Month Smiles

Although not well known, 6 month smiles offer a technique to correct crowding or spacing on average within 6 months. You start the braces now and by the time you need to get your teeth checked by your dentist you will have straight teeth. With use of white wires and teeth-coloured braces the braces are not as noticeable as metal braces. However, this technique is not

for everyone although most people will benefit from it.

#### Regular Braces

Although doing conventional braces is the only option for patients. These often take longer than other two techniques, conventional braces are the ideal and gold-standard way to correct your crowding. If you have time and are not too concerned about wearing braces, I recommend this to everyone, first before they decide on Invisalign or 6 month smiles.

Your dentist and orthodontist can help you decide what is best for you. Just remember you don't have to live with crooked teeth just because you are an adult.

Dr. John Inigo is a practicing general dentist in Fort Erie and Ridgeway, ON. He can be reached at Inigo Bertie Dentistry, 905.871.2903 or Inigo Ridgeway Dentistry, 905.884.5535. For further information and discussion, please visit [www.inigodentistry.com](http://www.inigodentistry.com).

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# Fort Erie Waterfront Strategy

## Invitation to Attend Community Workshop #3



**September 1, 2016**

6:00 p.m.

Fort Erie Leisureplex

The Town of Fort Erie has initiated the **Fort Erie Waterfront Strategy** to identify opportunities to improve/augment parks, town-owned land, destinations and attractions along the Lake Erie and Niagara River shoreline. The Waterfront Strategy will provide a long-term vision and contain an action plan with short, medium and long term objectives. As well as an overall strategy for all waterfront lands, more detailed conceptual plans for sites along the waterfront will illustrate opportunities for change.

Please attend the third community workshop on **September 1, 2016** at the **Fort Erie Leisureplex**. The community workshop will begin at 6:00 p.m. with a presentation, followed by table group discussions.

The workshop will begin with a presentation to review work-in-progress with an overview of the 8 frameworks comprising the Waterfront Strategy, followed by a description of the concept plans for changes to the Bertie Boating Club, the Palmwood at Crystal Beach Waterfront Park, Waverly Beach Park and the Coal Docks. We will also discuss our draft implementation strategy and action plan. Table group discussions will follow the presentation to collect input the concepts for the four waterfront sites.



### STAY CONNECTED

For more information on the Fort Erie Waterfront Strategy, please contact:

**Dave Heyworth MCIP, RPP**  
Manager-Land Use Policy



Town of Fort Erie  
905-871-1600 ext. 2504  
dheyworth@town.forterie.on.ca



SUBMITTED PHOTO/SPECIAL TO THE FORT ERIE TIMES

Tommy Brown, Becky Havill, Beth Lewis and David Brown are pictured here at Fenway Park in Boston Massachusetts. They went to Boston on April 18 to cheer on their sister Beth as she ran in the Boston Marathon. They, of course, took a copy of the Times with them. Take a copy of the Fort Erie Times with you on your next vacation and snap a picture. Send your pictures to [saferguson@postmedia.com](mailto:saferguson@postmedia.com), and include names, the date and location.

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# Shows in the Sugarbowl returns this weekend

**KRIS DUBÉ**  
Special to the Fort Erie Times

The Sugarbowl will be overrun by wild animals on the weekend.

On Saturday, the Central Avenue Firefighters Association will host its second Shows in the Sugarbowl, with a screening of Disney's live action movie, *The Jungle Book*.

Guests will also be able to make donations to the cause of the evening, the construction of an arts theater at the high school at the corner of Garrison and Sunset roads.

Before the animated film starts, Sun Niagara will also be providing an educational session with some of their animals, called "Zoomiversity".

In June, the inaugural event took place and *Star Wars: The Force Awakens* was shown to approximately 700 people, says spokesperson Carla Stout.

The Jungle Book will be released on DVD to the rest of the world three days after Saturday's screening. Being licensed through Audio Cine Films Inc., the exclusive Canadian rights representative for many of Hollywood's major studios, it makes the local show 100 per cent legal.

"People have an opportunity to see the movie before it ends up on their TV screen," said Stout.

Funded entirely by sponsorships and donations from local businesses, Stout says the participation so far has been great - but more is always better.

"What we can do really depends on how the community supports it," said Stout.

The educational session being provided by Safari Niagara will run from 7 to 8 p.m. and the movie will begin shortly after that.



FILE PHOTO/FORT ERIE TIMES

The Sugarbowl was filled with a large crowd for the first Shows in the Sugarbowl, which featured an outdoor screening of *Star Wars: The Force Awakens* in June. This weekend, there will be a second outdoor screening, Disney's live action version of the Jungle Book.



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## JOIN US SUNDAY, AUGUST 28



Speaker: Christopher Hopper

Christopher Hopper knows well that this is a first time for everything. He is not only a gifted communicator of God's Word, he is in many ways an entrepreneur and a pioneer as well. Over the years God has used Christopher's passion and creative spirit to start businesses, launch ministries, develop podcasts, create music, and write books. In addition to being a loving husband and devoted father, Christopher is a Pastor, an author, a blogger, a songwriter, a speaker, a business owner, a mentor, a mentor and many other things. His love for Christ is contagious. This is Christopher's first opportunity to preach at Church on the Beach and the first time any of our speakers have also led worship in the very same world! So there really is a first time for everything!



Worship Leaders: Christopher & Jen Hopper

From their rift driven all/rock choruses to their internal harmonies, Christopher and Jennifer Hopper have been crafting worship music for over 10 years. They have performed in Latin America, and Europe for over a decade.

Their congregational style dynamic onstage, and accessible song writing have made them an audience favorite. From the 2010 Crossroads Festival 10th Anniversary, to the 2015 Crossroads Festival 10th Anniversary, and all around the world Christopher and Jennifer serve together in the music department at New Life Christian Church in Watertown, NY. They were signed to Song 360 Label in 2009, and launched their label world wide EP "The Line" in 2011. They live with their four children in the 1000 Islands region of northern New York.



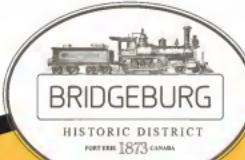
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# FOOD

12-Midnight

# KidZ Zone

12-7pm

# BANDS

12-11pm

# LIQUOR

12-11pm



# Construction begins on Habitat build

SARAH FERGUSON

Fort Erie Times

Rocio Flores can't help but smile while thinking about what it will feel like to turn the key and unlock the door to her new home for the first time.

"I'll feel happy, content and excited," she said.

Rocio, her husband Carlos, and their children, Car-

los Jr., Jacqueline, Adriana and Gabriel will move into their new home in Fort Erie when construction on their house is completed in December.

It will be an opportunity for the family to set down roots after the Flores' immigrated into Canada in 2011.

They left their home in El Salvador to flee from gang

violence.

Carlos Flores, a dentist in his home country, is currently going to school to work as a dental hygienist in Canada.

The family is also very active in the community, helping other Latin families settle in Canada.

CONTINUE &gt; PAGE 16



SARAH FERGUSON/FORT ERIE TIMES

The Flores family stands on the site of their future home on Crescent Road in Fort Erie. Construction on the Habitat for Humanity House will begin at the end of the month and they'll be able to move into it in December. A ground-breaking ceremony was held last Wednesday.

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## BANK LOCAL

A look back  
at the week  
in Niagara



## OUR NIAGARA

## Niagara Junior Golf Tour wraps up

The 17-year-old Sir Winston Churchill student Jack Allan fired a 73 to top the junior boys field Monday on the final stop on the 2016 Niagara District Junior Golf Association Tour at Beechwood.

While 16-year-old Niagara Falls resident Sukriti Harjai fired a 70 to finish in first place in the junior girls division.



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# New charity to help veterans

SARAH FERGUSON  
Fort Erie Times

A British military veteran is fighting to help other veterans in Niagara and across the world.

John Donoghue, with help from volunteers such as Royal Canadian Legion Branch 230 member and Second World War veteran Wray Robbins, and Branch 230 associate member John Hill, recently created a new charity called Bring Th3m Home. The purpose of the charity is to aid veterans in their transition from military service to civilian life.

Donoghue started the charity because he has a "passion for veterans."

"There are many charities that help veterans but they are run by civilians, and Bring Th3m Home is different because it is run by veterans," he added.

According to Donoghue, veterans often face a number of issues when they return home because the transition from military life back into their normal lives can be difficult. Some veterans face homelessness, poverty, post-traumatic stress disorder, unemployment, addiction, lack of a safe environment, or may be in need of mental and physical aid.

Donoghue knows firsthand what it's like to live on the streets after serving in the military, and how difficult it is to ask for help.

"I spent two years living on the streets myself and eight years living on the bottle. It wasn't easy," he said.

"Veterans don't like to ask for help, but if the help is coming from fellow veterans, it will make



SARAH FERGUSON/FORT ERIE TIMES

Pictured, from left, is Bring Th3m Home founder John Donoghue, Royal Canadian Legion Branch 230 associate member John Hill, Branch 230 president Barb Hopkins, and Branch 230 member Wray Robbins. Donoghue started the Bring Th3m Home charity to help veterans in need.

it a bit easier."

Thanks to the support provided by a number of local businesses, Donoghue said he has the ability to transform his van into a mobile outreach unit. He will use the van to deliver warm clothing, toiletries and other items to veterans in need living on the street.

While the charity is currently based out of Branch 230 in Ridgeway, Donoghue said his ultimate goal is to locate a building that can be turned into a shelter for veterans.

"There should be zero homelessness veterans everywhere. Nobody knows, but the fact is that there is about 20,000 homeless veterans living in Ottawa and thousands more across the world."

He said he also plans to speak with local and provincial politicians to get them on board with

his initiative.

Robbins said he wanted to become involved with the charity because there are many veterans that receive a pension, yet they find themselves living on the streets, and end up "starving to death."

"I think awareness is slowly growing but we need more. That's why I decided to get involved."

The public can learn more about Bring Th3m Home during a launch party, planned for Sept. 11 at Royal Canadian Legion Branch 479, at 5603 Spring St., in Niagara Falls.

The event will be held from 9 a.m. to 11 p.m. and include a barbecue, and live entertainment.

For more information about Bring Th3m Home call Donoghue at 289-968-9073 or visit Bring Th3m Home on Facebook.

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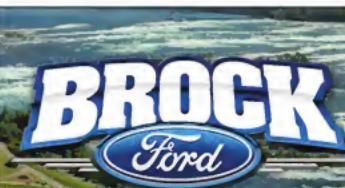
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# Learn CPR during free training session

**KRIS DUBÉ**  
Special to the Niagara Advance

Heart Niagara wants you to be ready if someone nearby suddenly finds their life on the line.

On Saturday, the non-profit organization that promotes cardiac health education will be holding two free CPR training sessions at its headquarters in Niagara Falls.

The event was originally scheduled to be held at the Market at the Village in Niagara-on-the-Lake but record-high temperatures all summer have moved the lesson indoors.

"We get a few seniors who

come out so it's a little difficult to be training outdoors in that weather," said Anita Fiorentino, Heart Niagara's Resuscitation Specialist and CPR Instructor.

The theme of this year's no-cost educational session is "community safety."

Fiorentino says a large percentage of people who attend these classes have had an unfortunate experience of being around someone during a cardiac event and not being able to assist them.

That resonates with people and they want to be ready if they find themselves in a similar situation.

They want the outcome

to be different in most cases.

"That's mostly what we're getting - residents who want to be prepared," said Fiorentino.

The day will also provide education on the use of an Automated External Defibrillator (AED), an important tool when faced with an emergency.

"We teach the importance of acting quickly and even if it's just a demonstration - people are more confident moving forward," she said.

Participants of the session will learn essential lifesaving skills by using a CPR Anytime Kit under the

instruction of Heart instructors. The kit, which has a value of \$35, is designed to be shared among close family and friends.

For every kit distributed, it is estimated that 2.5 additional people are trained, according to Heart Niagara, an organization that has operated in the region for nearly four decades.

For further information about sponsorship, partnership, or to register for the free CPR training, call 905-358-5552 or e-mail [info@heartniagara.com](mailto:info@heartniagara.com).

Heart Niagara is located at 4635B Queen St. in Niagara Falls.

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## SEPTEMBER CALENDAR 2016

Tuesday, September 6

General Meeting 7:30pm

Wednesday, September 21

Veterans Affairs Officer 9am - ?

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## Fun with chocolate



Youngsters got the chance to have some sweet fun during Chocolate Olympics, a chocolate themed night at the Centennial branch of the Fort Erie Public Library last Wednesday. The event included a chocolate blindfold challenge, chocolate art wars and candy bar relays. Nigh's Sweet Shop donated chocolate and chocolate themed prizes for the event. Many of the prizes were given away at Chocolate Olympics, but some are still to be awarded through Summer Reading Club draws.

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## NRP called to remove submerged car near boat ramp

Niagara Regional Police officers were called to the Crystal Beach boat ramp at 4:55 a.m. Friday after a black Chevrolet Malibu became submerged in the water.

NRP Const. Phil Gavin said a 31-year-old male driver from St. Catharines and two other occupants were inside the vehicle at the time of the incident.

The driver was unfamiliar with the area, and drove down the boat ramp believing it was an exit from the parking lot, Gavin said.

The three people inside escaped through a window. The car floated about 50 feet before it became submerged in four feet of water.

Members of the NRP marine unit attached a tow truck cable to the car and it was pulled out, Gavin said.

The driver of the vehicle wasn't charged.

## Two Fort Erie men stabbed

Niagara Regional Police are trying to identify two suspects after two men were stabbed in Crystal Beach last Tuesday afternoon.

Police were called to a residence in the area of Macdonald Avenue and Helen Street at 4:30 p.m. where two men had been stabbed. One man was transported to hospital and treated for his injuries.

The first suspect is described as a 25-year-old white man, standing six feet tall with a muscular build, brown hair in a man bun and unshaven. He was wearing a jacket and shorts.

The second suspect is described as a white man between 20 to 25 years old, standing five feet and eight inches with a slim build and shaved head. He was wearing a black shirt.

Police say this was not a random incident as it believed the suspects are known to the victims.

This was not a random incident, as police believe that the victims and the suspects are known to each other.

Anyone with information is asked to call the Fort Erie office at 905-688-4111 ext. 2300 with any information.

## Man arrested for impersonating a police officer

A Fort Erie man has been arrested for allegedly impersonating a police officer.

Vince Danagher, 50, has been charged with two counts of impersonating a police officer and impaired driving.

Niagara Regional Police say a male accosted a Canada Post employee on three different occasions between June 13 and Aug. 8 while the employee was working on his postal route. The man approached the postal worker and demanded his personal mail. He became angry when there was no mail for him.

He then flashed a badge and identified himself as a police officer in an effort to get his mail.

The man entered the Stevensville Post office on Aug. 8 to complain about the postal worker. When filing the complaint, he identified himself as a police officer and flashed a badge.

At the time of the arrest, police say Danagher was operating his vehicle and was impaired.

Danagher was scheduled for a bail hearing on Aug. 16.

Police are asking anyone who may have had a similar encounter with the man to call the 5 District Central Investigations Branch at 905-671-2300 ext. 2321.

[WWW.FORTERIETIMES.CA](http://WWW.FORTERIETIMES.CA)

## ONTARIO ENERGY BOARD NOTICE TO CUSTOMERS OF CANADIAN NIAGARA POWER INC.

Canadian Niagara Power Inc. has applied to raise its electricity distribution rates.

Learn more. Have your say.

Canadian Niagara Power Inc. has applied to the Ontario Energy Board to increase the amount it charges by \$4.56 each month for the typical residential customer beginning on January 1, 2017. Other customers, including businesses, may be affected as well.

### THE ONTARIO ENERGY BOARD IS HOLDING COMMUNITY MEETINGS

The Ontario Energy Board (OEB) is hosting community meetings so that you can:

- Learn more about Canadian Niagara Power's costs and rate application
- Find out how the OEB will review the application
- Get involved and provide your comments about the application to the OEB

#### For Fort Erie and Port Colborne Customers

When: Tuesday, September 13, 2016 at 6:30 p.m. (Doors open at 6 p.m.)

Where: Vale Health and Wellness Centre, Golden Puck Room, 550 Elizabeth St., Port Colborne, Ontario.

#### For Gananoque Customers

When: Wednesday, September 14, 2016 at 6:30 p.m. (Doors open at 6 p.m.)

Where: Royal Canadian Legion Branch 92, 55 King St. E., Gananoque, Ontario.

### THE ONTARIO ENERGY BOARD IS HOLDING A PUBLIC HEARING

The OEB will hold a public hearing to consider Canadian Niagara Power's request. We will question the company on its case for a rate increase. We will also hear arguments from individuals and from groups that represent Canadian Niagara Power customers. At the end of this hearing, the OEB will decide what, if any, increase will be allowed.

Distributors such as Canadian Niagara Power typically apply for a full review of their rates every five years. Any rate changes for the years in between are made by applying a formula that is tied to inflation and other factors intended to promote efficiency. You may not get notice of future rate changes made by applying the formula.

The OEB is an independent and impartial public agency. We make decisions that serve the public interest. Our goal is to promote a financially viable and efficient energy sector that provides you with reliable energy services at a reasonable cost.

### BE INFORMED AND HAVE YOUR SAY

You have the right to information regarding this application and to be involved in the process.

- You can review Canadian Niagara Power's application on the OEB's website now.
- You can file a letter with your comments, which will be considered during the hearing.
- You can become an active participant (called an intervenor). Apply by **September 6, 2016** or the hearing will go ahead without you and you will not receive any further notice of the proceeding.
- At the end of the process, you can review the OEB's decision and its reasons on our website.

### LEARN MORE

These proposed charges relate to Canadian Niagara Power's distribution services. They make up part of the Delivery line – one of the five line items on your bill. Our file number for this case is **EB-2016-0061**. To learn more about this hearing, find instructions on how to file letters or become an intervenor, or to access any document related to this case, please select the file number **EB-2016-0061** from the list on the OEB website: [www.ontarioenergyboard.ca/notice](http://www.ontarioenergyboard.ca/notice). You can also phone our Consumer Relations Centre at 1-877-632-2727 with any questions.

### ORAL VS. WRITTEN HEARINGS

There are two types of OEB hearings – oral and written. Canadian Niagara Power has applied for a written hearing. The OEB is considering this request. If you think an oral hearing is needed, you can write to the OEB to explain why by **September 6, 2016**.

### PRIVACY

If you write a letter of comment, your name and the content of your letter or the documents you file with the OEB will be put on the public record and the OEB website. However, your personal telephone number, home address and email address will be removed. If you are a business, all your information will remain public. If you apply to become an intervenor, all information will be public.

This rate hearing will be held under section 78 of the Ontario Energy Board Act, 1998, S.O. 1998 c.15 (Schedule B).



Ontario Energy Board  
Commission de l'énergie  
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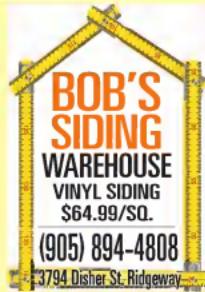
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# Marineland defends condition of walrus

JOHN LAW  
Postmedia Network

Photos and videos released last week of a Marineland walrus named Zeus have sparked another round of debate about conditions at the Niagara Falls park.

In a video posted on former Marineland trainer Phil Demers' YouTube page Aug. 15, what appears to be an emaciated walrus is seen on the performance stage looking listless, with his spine sharply protruding on his back.

Demers, who worked at the park from 2000 to 2012, estimates Zeus to be 13 years old, and should weigh at least 3,000 pounds. He doubts the walrus weighs 1,000 pounds in his current condition.

"He by far should be Marineland's largest walrus,"

he says, adding the park was "warned" about how large Zeus would grow when he was obtained from Russia about 11 years ago. "This should be a massive animal."

He said watching the video, filmed last Monday, left him "gutted."

A week later, the video has more than 72,000 views on Demers' YouTube page. It has also been shared by animal rights group PETA (People For the Ethical Treatment of Animals) and website The Dodo.

Three days after the video began circulating, Marineland released new photos of Zeus on its Facebook page where he appeared much healthier. A video was also released of him swimming in a pool eating fish.

In a response sent by e-mail to Postmedia Network, Marineland claims "the

allegations against Zeus are completely false," and that he is "healthy, eating well, socially active and in good health."

"These allegations routinely arise when activists' groups need publicity and are trying to raise money. They follow a fundraising cycle rather than being related to any genuine concerns about the health of a massive animal."

The park says Zeus "has always been a long and lean animal," and like all of the facility's walruses, he drops his winter weight in the summer.

"As he has done in past years, he will put on weight as we head into the colder months. On land, walruses appear to be sluggish and slow when moving, but this is due to their size, not their fitness."

The park adds Zeus was checked by the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) "a few days ago," and has



YOUTUBE SCREENGRAB

Above is an image taken from recent video footage of Marineland walrus Zeus, showing him in an 'emaciated' state, according to former trainer Phil Demers.

been checked by "multiple independent veterinarians during inspections."

"All report that he is healthy."

But Demers says an argument with Marineland owner John Hekel and Zeus' deteriorating condition was a huge factor in him eventually quitting his job, and drawing huge media attention to alleged conditions at the park in 2012.

"That was the beginning of the end."

He says Zeus had a chronic regurgitation problem, and was prone to collapsing on stage and not moving. He adds the animal was confined to a cramped cage most days. He believes his condition has grown worse.

"Looking at him now, my jaw hit the floor."

Because of the reaction to the video, he's now worried Zeus will make even fewer public appearances.

"It's a double-edged sword," he says. "It reminds me to be probably a bit more of the person that they're expecting to bring Zeus out any more. His quality of life largely depends on getting out of that barn."

Marineland counters that Demers "has a high-school education," and has "an endless craving for publicity

and funds donated on the back of false complaints."

Demers is believed to have the park for \$1.5 million. Since 2012, the park has launched nine lawsuits against former employees, activists, news outlets and — earlier this year — a Canadian filmmaker.

Demers says he has spent about \$100,000 in court proceedings so far.

He's concerned Zeus will have the same fate as Pandora, another Marineland walrus who appeared thin and eventually died in 2008.

"I don't know how much longer (Zeus) has, but I've personally witnessed an animal go from what I deemed fairly healthy to dead within 24 hours. It's anyone's guess."

Marineland responds that Demers "has no education regarding walrus health," and that "Zeus is in just fine." "Zeus will continue to post misleading information and photos of all of our animals. We will continue to provide accurate information and care of all of our animals."

*jlaw@postmedia.com*

## Fort Erie Meteors Invitational



Friday, August 26th 2016

7:00 P.M.	Fort Erie Meteors vs Buffalo Regals	Kinsmen
9:00 P.M.	Pelham Panthers vs Thorold Blackhawks	Kinsmen

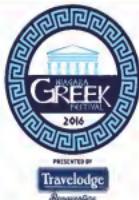
Saturday, August 27th 2016

11:00 A.M.	Thorold Blackhawks vs Buffalo Regals	Kinsmen
1:00 P.M.	Fort Erie Meteors vs Pelham Panthers	Kinsmen
6:00 P.M.	Pelham Panthers vs Buffalo Regals	Kinsmen
8:00 P.M.	Fort Erie Meteors vs Thorold Blackhawks	Kinsmen

Sunday, August 28th 2016

9:00 A.M.	Seed 1 vs Seed 4	Kinsmen
9:00 A.M.	Seed 2 vs Seed 3	Jaycee
1:00 P.M.	Winner 1 vs Winner 2	Kinsmen

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**Fort Erie Meteors**

**Team Fundraiser Golf Tournament**

**WHEN:** Sunday, September 11<sup>th</sup>, 2016 @ 8-8:30am Registration 9am Shot Gun Start

**WHERE:** Fort Erie Golf Club

**INCLUDES:** 18 Holes of Golf, Cart, Lunch, Steak Dinner and Prizes.

**(Cost: \$75.00 per person)**

For More Information  
Please Contact: Jenn Micallef  
at the FEGC- 905 991 8883

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## Communities in Bloom winners



Barbara Bearss won five blooms in the Window Boxes or Planters category.



St. Philomena Catholic Elementary School won five blooms in the Institutional category.



Nancy and Eldon Sears won five blooms in the Circle of Excellence Small category.



McDonalds won five blooms in the Commercial category.

The Communities in Bloom Awards Gala was held Sunday at the Fort Erie Leisureplex to honour Communities in Bloom competition winners. CIB judges visited a number of homes and businesses in Fort Erie in July to evaluate participants' gardens. For more photos see page 31.



Ridgeway Floral Committee won five blooms in the Village Streetscaping category.



Sharon and Robbie Robinson won five blooms in the Single Residential category.

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## Award-winning gardens



Lakeshore Bed and Breakfast won five blooms in the Small Business category.



James and Joanne Pautler won five blooms in the Single Residential category.



Economy Auction Services won five blooms in the Circle of Excellence Medium category.



Harbourtown won five blooms in the Residential Neighbourhood category.

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Claude Collee won five blooms in the Vegetable Garden category.



The Buffalo Fort Erie Public Bridge Authority won five blooms in the Circle of Excellence Large category.

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# Region surveys new Niagarans

**MARYANNE FIRTH**  
Postmedia Network

The regional municipality wants to know what's luring people to Niagara.

It has embarked on an extensive project to gather information about the area's draw in hopes of playing off those strengths to create more growth, while also addressing any weaknesses identified as a result.

The \$41,700 undertaking, facilitated by Markham-based realty firm PMA Brethour, includes a homeowner survey, stakeholder meetings, focus groups with new residents, and market surveys and one-on-one discussions with home builders and developers.

The project also includes a new home market review, which will compare Niagara against competitors

in terms of product offering, pricing, property taxes, development charges, and zoning and bylaw restrictions. The review will result in a series of detailed recommendations to help Niagara attract builders and new home buyers to the region.

The region, Regional Chairman Alan Caslin said, has lagged behind other southern Ontario communities in terms of growth, but has recently begun to see some uptake, "and we really want to know why."

That growth has come in the form of a housing boom, but "we're also seeing commercial and industrial (sectors) starting to come," of questions around Niagara," Caslin said. "no doubt in part because of the transportation plan we've put in place with buses, trains and

airplanes. I think right now what you're seeing is people appreciating that there's good value in Niagara."

To get to the bottom of the residential draw, a homeowner survey, targeting people who have recently moved to the region, was sent to about 2,500 homes earlier this month.

The goal is to try and develop a profile of the type of people who are moving to Niagara, including demographic information such as age, family size, profession, education and income, as well as the community they're moving from, said Region communications specialist Daryl Barnhart.

The survey also asks questions about various forms of media people use to determine the best avenues for regional advertisement, he said.

Surveys are also being

conducted with home builders to determine why they chose to develop in Niagara, what is working for them and what is not. Conversations are also being had with developers who are not currently building in the area in order to find out why, Barnhart said.

The plan is to have a report and presentation brought forward to regional council outlining the results of the project before the end of the year. Development of a marketing strategy is to begin in 2017.

"It's really good to know why you're being successful and what matters to people, so we can promote those elements that really make sense," Caslin said.

The homeowner survey is available online at [niagararegion.ca/home-survey](http://niagararegion.ca/home-survey).

*mfrith@postmedia.com*  
Twitter: @mfrithStandard



Regional Chairman Alan Caslin

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# Seasonal GO service in Niagara 'gaining in popularity'

**RAY SPITERI**  
Postmedia Network

Passenger numbers for the ongoing 2016 seasonal GO train service in Niagara have yet to be tallied, however Metrolinx says the service has once again been "well received by customers."

"The seasonal GO train service to/from Niagara is gaining in popularity yearly," said Metrolinx spokeswoman Kim Johnson.

"Both local Niagara riders enjoy the service that takes them into the Toronto area, as well as many Toronto area residents who use the service to enjoy a weekend in Niagara," Johnson said.

The service has seen a number between Niagara and Toronto for the last eight years.

As in previous years, the service operated during the Victoria Day (May 20-23) long weekend, as well as throughout the summer on Fridays, Saturdays, Sundays and holidays from

June 24 to Sept. 5.

The service will also operate during the Thanksgiving (Oct. 7-10) long weekend.

Trains run between the Niagara Falls VIA station to Union Station in Toronto, with stops in St. Catharines, Burlington, Oakville, Port Credit and Exhibition.

Connecting express GO bus service runs between St. Catharines and Niagara-on-the-Lake.

"Following the announcement by the province (of year-round weekday GO rail service reaching Niagara by 2021), Metrolinx is working to develop weekday rail service from Niagara to the Lakeshore West in the future," said Johnson.

"Seasonal weekend ridership is mostly for tourism and leisure, while weekday ridership is commuter-based."

CONTINUED > PAGE 38

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# GO service to reach Niagara Falls by 2023

CONTINUED FROM > PAGE 37

Commuter service to Niagara is expected to begin in Grimsby and will be extended through to St. Catharines and Niagara Falls by 2023.

The announcement was made by Ontario Transportation Minister Steven Del Duca June 28 on a packed platform at the St. Catharines train station.

The Niagara GO rail extension, subject to a final agreement with CN Rail, will operate on 60 kilometres of track between the future

Confederation station in Hamilton — for which construction begins next year and will be completed in 2019 — and Niagara Falls.

It will include construction of a new station at Casablanca Boulevard in Grimsby, as well as upgrades to existing train stations in St. Catharines and Niagara Falls.

Those retrofits will begin as soon as summer 2017, said Del Duca.

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Saturday, September 24<sup>th</sup>  
from 12 noon - 2:00 p.m.  
in the foyer at the Crystal Ridge Arena at 89 Ridge Rd. South, Ridgeway

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# Youngsters learn what it takes to be a first responder

SARAH FERGUSON  
Fort Erie Times

It's never too early to learn about fire safety and prevention.

That's one of the messages first responders hoped to teach 20 youngsters during the Fort Erie Fire Department's annual Junior Firefighter Academy, which kicked off last Monday.

The academy is a five-day summer camp that was created to provide children ages 10 to 12 with an opportunity to learn the skills it takes to keep a community safe. It's a free program that is organized by the Fort Erie Fire Department's public education program.

"We're trying to plant the seed in children's minds, and

hopefully in five years or so they might want to become a volunteer firefighter, a police officer, or a paramedic," said Kenney Winney, senior prevention inspector for the Town of Fort Erie.

Winney said the campers visited a number of sites in Fort Erie including the YMCA, the Central Fire Station and Waterfront Park and learned a variety of skills that included how to properly use a fire extinguisher, how to handle fire hoses, first aid, how to tie ropes and knots and boat safety.

Each May, public education staff members reach out to all of the elementary schools in Fort Erie to invite children to submit an application to the camp. Participants are notified in June that they have been accepted.

into the program.

Participants from the previous year are invited back to the camp "to act as mentors" for the younger students.

Winney said the Junior Firefighter Academy is so popular that participants are selected by a lottery system.

"It's a great program," Winney said. "Every year the kids are always so pumped to be here and they are excited."

The program would not be

possible without the sponsorship from a number of local businesses and volunteers.

"There is no cost to parents whatsoever and that wouldn't be possible without the support of community partners. Without them, we would be dead in the water," he said.



PHOTO BY SARAH FERGUSON/FORT ERIE TIMES  
About 20 children ages 10 to 12 participated in the Fort Erie Fire Department's Junior Firefighter Academy, which kicked off last Monday. The academy is a free five-day summer camp that was created to provide children with an opportunity to learn about fire safety and prevention.

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## Douglas Memorial Hospital Auxiliary helps students succeed

SARAH FERGUSON/FORT ERIE TIMES

The Douglas Memorial Hospital Auxiliary awarded seven first-year post-secondary students each with \$1,000 to help them obtain their diploma in health care studies. From left, Shanna Ingram is enrolled in the Life Sciences program at McMaster University; Marais Walpole, Health Management Information, George Brown College; Chelsea Jackson, Rehab Case Management, Trent University; Megan Winger, Paramedic, Lambton College; Vanessa Larochele, Public Health Brock University; Celestine Raventhiran, Nursing, Ryerson University. Douglas Memorial Hospital Auxiliary member Sandra Flake (centre) presented the bursaries to the students Wednesday, Aug. 17, 2016 at Douglas Memorial Hospital Site. Absent from the photo is Hailey Tabbert, who is enrolled in the Kinesiology program at Trent University. The auxiliary has given bursaries to graduating Grade 12 students in the Greater Fort Erie area since 1957. The bursary is available to any student that enrolls in a post-secondary health studies program. For more information, students can contact student services department at Fort Erie Secondary School, Ridgeway-Crystal Beach High School, Niagara Christian Community of Schools and Lakeshore Catholic High School.

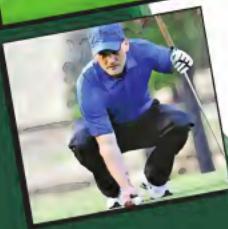


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# Rio Vista Retirees results

Special to the Fort Erie Times

The Rio Vista Retirees haven't missed a game yet this year after 17 weeks in spite of the extraordinary type of summer we are experiencing.

There was still a turnout of 50 seniors to test the links.

Last week's event was a Beat Your Own Handicap to establish who the sand-bagger was for the balance of the year.

The 50/50 draw was won by Mike Whittaker and the hidden hole was the par five first, with only one birdie recorded.

Closest to the pin on the number seven hole was won by Ralph Tangness and 21 guys got their drives onto the



green.

There were only six players matching their handicap, but there were 17 others beating their handicap. In order to keep everyone honest and on their toes, another Beat Your Handicap event was held Wednesday.

Results were not available before the Fort Erie Times press deadline.

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## There is always a price to pay for heartburn drugs

DR. GIFFORD-JONES

Pogo, the cartoon character, was right when he remarked, "We have met the enemy and the enemy is us."

A report in the *Canadian Medical Association Journal* shows that North Americans are devouring PPIs (proton pump inhibitors). These drugs decrease the amount of hydrochloric acid in the stomach to ease heartburn. But, as always, medical consumers tend to overdo a good thing and trigger a number of unintended consequences.

Numbers tell the story. A few years ago doctors prescribed PPIs, such as Prevacid, Nexium and Prilosec, to more than four million Canadians and 15 million in the U.S. Now, the number is higher, as some PPIs can be obtained over the counter. The cost? More than \$80 billion. The winners are the owners of big pharma stocks.

PPIs have been available for years and used to ease the burning fire under the stocks.

breastbone. This is caused by overindulgence in food and drink, which pushes protein digestive enzymes and bile into the lower part of the esophagus (food tube). This, in turn, triggers gastrointestinal reflux disease, commonly referred to as GERD.

There have always been good and questionable ways to use prescription medications. For instance, some people taking non-steroidal anti-inflammatory drugs or steroids may require long-standing treatment with PPIs to decrease the risk of gastrointestinal bleeding.

So what's the problem? It's that PPIs were meant to be used as a crutch for short periods of time. But, as you might suspect, these drugs work so well that many people depend on them for the long haul. And when this happens, it increases the risk of PPI overdose. As has been aptly said, "Too much of a good thing can be worse than none at all."

do what goes wrong. For

owing a heart attack patients are often prescribed a blood thinner to decrease the risk of another coronary attack. One blood thinner, when used with a PPI, was associated with a 29 per cent risk of causing another heart attack within 90 days. Not a good trade-off.

Decreasing the amount of hydrochloric acid in the stomach can also cause a serious bowel infection. A study of 272,636 patients from around the world showed that the use of PPIs was associated with increased risk of developing Clostridium difficile. This intestinal infection can result in as many as 40 bowel movements daily and can be

movements daily and can be life-threatening. Several studies have shown an association between PPI use and osteoporosis (brittle bones) in both men and women. It's postulated that PPIs decrease the absorption of calcium and that increased production of parathyroid hormone leads to increased bone loss. Most people are well

most people are well

aware of the importance of calcium. But they are unaware that magnesium is needed for 300 metabolic reactions in the body. Unfortunately, studies show that 32 percent of North Americans are deficient in magnesium even without the use of PPIs.

But one study showed that those who had been taking PPIs for eight years had an increased risk of fatigue, unsteadiness, numbness, tingling, seizures or an irregular heart rate. Once PPIs were discontinued all these symptoms disappeared.

It's also known that an acid stomach is essential for the absorption of vitamin B12. Studies show that long-term PPI users have a four times greater risk of

our times greater risk of B12 deficiency. This can result in anemia, depression, decreased taste and tingling in the extremities.



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Shawn McCart from the Niagara Sport Commission, left, Cherry Hill Club president Jim O'Connor, tournament chairman Bill Kerr, director of tournament and business affairs for PGA Tour Canada Scott Pritchard, and Bram Cotton, chief executive officer of the Niagara Sport Commission following a press conference on Monday.

## Niagara championship expected to generate more than \$1.2 mil

KRIS DUBÉ  
Special to Postmedia Network

Staff at Cherry Hill Club are thrilled to be hosting a PGA-affiliated event next month because they can showcase the course's pristine condition — but also because their friends at the MacKenzie Tour (PGA Tour Canada) were facing a bit of an emergency about six weeks ago.

The private club in Ridgeview will be the venue for the pro circuit's Niagara Championship following the cancellation of an event scheduled to be played in Fort McMurray, Alta., caused by the wildfires that ripped through the community in northern Canada earlier this year.

"We had a group of our peers who lost an event through a tragic situation," said Bill Kerr, tournament chairman and club member.

With the historic course having the infrastructure in place to keep the grounds hydrated during this summer's drought, Kerr said conditions will not be an issue for the 156-player field.

"It's in fabulous shape — the greens are spectacular," said Kerr.

Anyone who has played the 94-year-old track at least once is familiar with its lightning-fast putting surfaces, which Kerr rated 12 out of 10 when it comes to their speed.

"The greens will be the difference maker, I believe, for the players," he said at a press conference held at Cherry Hill Club on Monday.

Kerr, who has held a membership at the prestigious club for five years, says although it is considered one of the best in the country — it's still a bit of a "hidden gem" in Niagara that people usually fall in love with during their first round.

"When you play it as a golfer — there's something special to it," he said.

With about one and a half months to prepare for an event that usually takes a full year — Kerr said club members, the local community and local officials have really stepped up to the tee and hit a beauty down the middle of the fairway so far.

"We've been able to get a lot of work done in a very tight time frame," he said.

The Niagara Sport Commission, a nonprofit regional development agency dedicated to using sport as a catalyst for economic and community development in the Niagara region is also hosting the event.

Bram Cotton, tournament director and chief executive officer of the Niagara Sport Commission, estimates the five-day event (Sept. 6 to 11) will generate more than \$1.2 million for the local economy. "Hosting events like this, within the sport and tourism

realm, are very important for a region like Niagara," said Cotton.

The Mackenzie Tour- PGA TOUR Canada is a series of tournaments played across Canada each summer, where future golf stars begin the path to the PGA TOUR.

The leading five money winners at the end of each season earn status on the Web.com Tour for the following season, which is the last step before earning an official PGA TOUR card.

Scott Pritchard, director of business and tournament affairs for the MacKenzie Tour said the PGA Tour Canada is thrilled to be back in Niagara — as professional golf has not been in the region since 2010 in St. Catharines — under the former Canadian PGA banner.

This is the first foray into the area for the MacKenzie Tour — PGA Canada brand.

The 1972 Canadian Open was held at Cherry Hill Club and brought in elite players from that era like Arnold Palmer, Johnny Miller and Tom Watson.

Dudley Hart, a native of Western New York and a two-time PGA winner with \$12 million in career earnings, will also be competing in the field as an honorary exemption.

Admission for each day of play at the upcoming event is free and open to the public.

# Summer Worship Services

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Above the massive stone altar at the front of this church one might expect to see a large stained glass window or other artwork. Indeed, the altar is flanked by such windows from two tiny country churches which are now constituent in this congregation. But above the altar there is a huge wooden cross backed by a large clear glass window, looking out on green pastures and hills and trees in the distance. Occasionally, at appropriate moments in the service, perhaps during a hymn or prayer, a flock of Canadian Geese will do a fly past, an inspiring sight in the context of worship. No human artist could produce a window or painting to match this Divine handwork. Sunday worship service 11:00 am; only minutes to Sodom Rd., Ft. Erie, just north of Stevensville, QEW exits 16 & 17.

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KOehler, Harry - Harry passed away at the Maple Park Lodge on Tuesday August 16th, 2016 in his 95th year with his loving family by his side. Predeceased by his wife with Great Prouds fame of Sandy Darke (Port of Toronto) & Diane Koehler (Denise) of Georgetown, Cherished grandfather of Jason Smith and great grandfather of Alice Grace. Harry was a WW II Veteran. After his discharge, Harry took a job with Canadian National Railroad and ended his career as an Engineer in 1963. BENNETT FUNERAL SERVICES, 1105 Benner Ave., Fort Erie entrusted with arrangements. A private family service will take place at a later date.



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In Memoriams

In Memoriams

**CUTLER, Joseph P.** - On Thursday, August 18, 2016, Joseph passed away peacefully, at home on his farm, surrounded by his family at the age of 88. Beloved husband of Ruth for 34 years. Dear son of John and Anna (Cormier) (Lili) Neil (Gemma) and Alastair (Diane). Also survived by 10 grandchildren and 6 great-grandchildren, and several cousins. Predeceased by sisters Isabelle and Anna. **WILLIAMS FUNERAL SERVICES** 722 Ridge Rd, North, Ridgeway, entrusted with arrangements. Visitation was held at the family home on Sunday, August 21st from 1:30-4 p.m. Funeral Service was held at Windmill Point Church, 560 Stoner Rd., Ridgeway, on Monday August 22nd at 1 o'clock. Interment followed in the churchyard. For those who wish, in lieu of flowers, memorial donations may be made to the Salvation Army.

In Memoriams

In Memoriams

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We miss his smile, his kindy ways,  
With him we spent some happy days  
His smile was always brightening  
His heart was made of gold  
And to who he loved him  
His memory will never grow old.

Always missing you dad,  
Your loving daughters Judy Ann & Tammy  
Son-in-law Jeff, Granddaughter Kirstie

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Your wife Lynda



Matthew Benjamin Marley  
December 10, 2014 - August 23, 2015

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Love you  
Nana, Aunt Jen & Uncle Bob, Uncle  
Bobby and cousins Robbie and Raquel.



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